



## **Department of Recreation and Parks**

### **2013 TRACK AND FIELD PROGRAM**

#### **I. Age Category**

Bantam Division - born 1/1/05- 8/31/07

Midget Division - born 2003-2004

Junior Division - born 2001-2002

Intermediate Division - born 1999-2000 and/or in 8<sup>th</sup> grade

#### **II. Eligibility**

Any boy or girl who either resides or attends school within the City of Rockville corporate limits is eligible to compete and will be assigned to a team in accordance with his/her age and school district. No exceptions.

#### **III. Rosters**

Each team will maintain a roster of active participants distributed by the Sports office. Additions to the roster may be added up until the 2<sup>nd</sup> regular season Meet. Additions must be approved by the League Director.

Rosters should consist of no more than 90 participants with a maximum of 30 per division.

Rosters of more than 90 participants must be approved by League Director and Commissioner.

Each participant must complete an Agreement to Participate waiver. All waivers must be received by the Sports Division prior to the first meet.

#### **IV. General**

##### **A. Meet and Schedule**

Teams will participate in practice meets on Wednesdays at Rockville H.S.

Coaches, parents, participants are strongly encouraged to attend all Meets/Conferences

Regular season: **Tuesday, April 30** and Wednesdays, May 8 - May 29 at Rockville H.S. 5:45 p.m. Weather Permitting. Please note: first meet moved to **Tuesday, April 30** due to a conflict with the track schedule.

City Conference Meet is June 5 & June 6 at Rockville HS 5:45 pm weather permitting. Participants must compete in a least two regular season meets to be eligible.

Coaches required to attend all meets/conferences. Parents and participants encouraged to attend all meets/conferences.

**B. Inclement Weather Policy**

Teams are to attend Meets. Meets will run in most cases, even if it is raining. In case of severe weather, if possible, Meets “may be” rescheduled on alternative date. Coaches will be notified via email. For cancellation information, call the **Rec Line at 240-314-5055. The decision to cancel any meet is determined by the City of Rockville Sports Division.**

Cancellation information will also be posted on the Montgomery County Road Runners (MCRRC) website, visit: [www.mcrrc.org](http://www.mcrrc.org) for updates.

If **thunder/lightening** can be heard and/or seen, the Sports Division and/or field/facility supervisor will STOP THE MEET and advise to seek protective shelter immediately. An indoor facility is recommended as the safest protective shelter. If a facility does not have a protective shelter, an automobile is a relatively safe alternative.

- If a protective shelter or automobile is not available, follow these recommendations:
- Avoid standing under large trees and telephone poles
- If the only alternative is a tree, choose a small tree in a wooded area that is not on a hill
- As a last alternative, find a ravine or a valley
- In all outdoor instances, assume a crouched position and avoid standing near water or metal.

In the event of thunder/lightening; allow 30 minutes to pass after the last sound of thunder and/or lightening prior to resuming play.

No lightening safety guidelines can guarantee absolute safety. It is the responsibility of every person to be aware of weather conditions and take appropriate action to be safe.

**PLEASE DO NOT CHALLENGE STAFF OVER CANCELLED MEETS.**

**C. Dress Attire**

Only tennis shoes permitted. No street shoes, cleated track shoes or bare feet.

**D. League Directors– Sports Division - 240-314-8620**

**E. Track and Field Commissioners- Karen Kincer**

**F. Site Supervisor- Cassandra McRoy**

## **V. Team Events and Meet Organization**

### **A. Age Group Events**

#### **Bantam Boys and Girls - born 1/1/05-8/31/07**

100M, 800M, 50M, 400M Relay, Softball Throw, Standing Broad Jump, Open 400/800M

#### **Midget Boys and Girls - born 2003-2004**

100M Run, 200M Run, 400M Run, 400M Relay, 50M in 5<sup>th</sup> Meet only, Standing Broad Jump, Softball Throw, Open 1600M/800M

#### **Junior Boys and Girls - born 2001-2002**

100M Run, 200M Run, 400M Run, 400M Relay, Running Long Jump, Open 1600M/800M, Softball Throw

#### **Intermediate Boys and Girls - born 1999-2000 and/or in 8<sup>th</sup> grade**

100M Run, 200M Run, 400M Run, 400M Relay (separate for girls and boys this year), Running Long Jump, Softball Throw, Open 1600M/800M

### **B. Track Events**

#### **50M (unlimited) and 100M Runs (unlimited)**

Each team can enter boys and girls as they wish for the 50M and as many boys or girls in the 100M for each age group.

#### **200M Run (unlimited)**

Each team can enter as many boys or girls as they wish in each age group.

#### **Open 400M/800M Run (limited to 24 participants in each heat)**

The 400M and 800M Run will be limited to 24 participants in each heat, however, multiple heats will be run so that all runners get to participate. Exception: a judgment call may be made by the Montgomery County Road Runners to consolidate heats if there are up to 30 runners in a division. Example: if there are 30 total runners in the Midget division, all 30 would run at the same time.

#### **Open 1600M**

Each team can enter as many boys and girls in each age group. The 1600M will not be limited to 24 participants in each heat. All will run at same time in each division.

### **C. Field Events**

#### **Running Long Jump**

Each team can enter as many boys and girls in each age group. Each participant will be given two attempts. The best attempt will score.

#### **Standing Broad Jump**

Each team can enter as many boys and girls in each group. Each participant will be given two attempts to score. The best attempt will score.

### **Softball Throw**

Each team can enter as many boys and girls in each age group. Each participant will be given two attempts. The best attempt will score.

- D. Relays** (\*\*coaches are strongly advised to assign coach to each exchange zone). Relay entries are due by 5pm on the Tuesday prior to the meet.

### **400M Relays**

Each team may enter one relay team per age division, per sex. (BM, MG, JR, INT). Please note: *No co-ed team relay*. Participants must run only with their assigned team.

- E. Carnival Relays**

**4 x 100:** The 100 will start at the designated start line for the 100M. The start line is down the straight away from the finish line. The finish line is the designated standard finish line which is located by the gate at Rockville High School.

**4 x 200:** The first two legs will run in lanes which means that the second hand off will occur at the start line. When the second runner passes off to the third runner the third runner must cross the start line and then they can cut over to lane 1. The third hand off will occur from lane 1.

**4 x 400 (limited to one event per age group):** The first runner will use the dual alley start, and the first leg will run in their alley through the first turn and cut in at the breakline. The handoffs will be at the start/finish line and with legs 2-4 lined up in place order.

**4 x 800 (limited to one event per age group):** The first runner will use the dual alley start, and the first leg will run in their alley through the first turn and cut in at the breakline. The handoffs will be at the start/finish line and with legs 2-4 lined up in place order.

**Sprint Medley - 100/100/200/400.** The 100, 100, and 200 will all occur in lanes. The third hand off will occur at the start line. The 400 leg will have to cross the start line before they can cut over to lane 1. Once past lane one and safe to do so the fourth leg can cut over to lane 1.

*Note that the Sprint Medley is planned to be an open event, time permitting.*

**VI. Description of How Each Event is Run** (\*\*all running events will finish on the standard start/finish line- by gate at Rockville HS)

1. Open 400M/800M/1600M- dual-alley waterfall start. (Dual-alley start - there will be two waterfall start lines: One at the standard start/finish line and a second farther down the track that is spread over the outside half of the lanes. Runners in the outside alley may break only to the middle of the track; designated by cones, after completing the first turn, at which time the runners on the outside may break toward the inside lanes where the runners who started from the full waterfall have already moved.)
2. 50M/100M- start on the standard start/finish line (by gate at Rockville HS).
3. 200M- start on the standard start/finish line (by gate at Rockville HS). The staging area for the runners to prep/line up is the back straight.
4. Relays- staggered start

*\*\*Conference Meet format:* all events will be run as they were for the practice meets with the exception of the Open 400M. The Open 400M format will be changed for the conference meet to 6 lane staggered start, runner must remain in lane throughout entire run.

**VII. Guidelines for Participation**

Command for starting is "To your mark, set" and whistle/gun; "To your mark" - the starter has decided that all contestants are ready to run; "Set" - all contestants are in their lanes and now take their starting position; whistle/gun - start of race.

Legal start is when no contestant has moved from his/her starting position until after the whistle/gun. Legal finish is when a contestant crosses the finish line with any part of the body between the neck and hips; arms not included.

Dashes will be run in lanes from start to finish.

Open events (Bantam 400, all 800/1600) will be run in waterfall format. Boys and girls may run in same heat, numbers permitting. All boys and girls will be timed.

Contestants are not to jostle or impede another contestant's progress.

Softball throw will not count if contestant steps over line during throw. Throw is measured from landing point closest to line.

Participants must stay in their own age division for a particular event.

Participants restricted to two field events and any two running events (except Open Events). Runners can compete in all Open Events; these will not count toward the two event limit.

Time/Score will be provided for all practice meets and conference meets. Please note: the final conference meet time/score may take extra time to compile.

## VIII. Track and Field Etiquette

In an attempt to alleviate confusion, we want to enforce the following:

Only coaches with infield pass badges will be permitted in the infield of the Track.

Any participant caught climbing on the bleachers will be suspended for the remainder of the Track Season.

All participants must stay in lower stands and off track and infield unless involved in an event.

All participants must return directly to lower stands after competing.

All participants must look both ways before stepping on the track to cross as runner may be running. ***Be considerate!***

All participants must look both ways before stepping across the long jump runway. Participants are not allowed in the sand of the long jump pit (unless completing a jump).

All participants must enter and leave track at the open gates. Climbing over fence is not permitted.

Team members are not allowed at finish line.

Team members are not allowed to run along the grass in the infield encouraging a participant. There are timers and judges who must be able to see.

Runners must stay in their lanes when running unless otherwise instructed by the starter. When finished, runners should report to timer for their lane.

### **This is Track & Field only.**

All participants and visiting spectators are not permitted to bring any unrelated Track & Field sports equipment into the Track & Field Stadium. \* **No pets allowed on School Property.**

## IX. Concussion Awareness

To help keep kids in the game for life, we ask that all coaches, parents, and participants become aware of concussion signs, symptoms, and prevention. The City of Rockville Sports Division has provided concussion awareness information on our website at [www.rockvillemd.gov/recreation/sports](http://www.rockvillemd.gov/recreation/sports), please review and become familiar.

Any participant who may appear to have or has a concussion may not return to play until the Sports Division has received a note from the participants' doctor that states the participant has been approved to continue sport activity. The note must be received prior to the next league activity. This includes all practices and games. City of Rockville staff has the authority to sit a participant out of sport activity if any signs/symptoms of concussion are noticed. The purpose of this policy is to keep all participants safe and healthy.

